

12-Week Program Syllabus

Strength Protocol

Program Overview

A neurobiologically-grounded weight loss intervention for patients with executive dysfunction, dopamine dysregulation, and metabolic resistance. Combines resistance training, protein-first nutrition, and external accountability systems to override cognitive barriers.

Duration: 12 weeks (3 phases)

Format: Weekly 1:1 sessions (virtual or in-person) + daily accountability

Outcome Goal: 12-24 lbs weight loss, improved metabolic markers, sustainable habit systems

Phase 1: Stabilization (Weeks 1-4)

Week 1: Baseline System Setup

Comprehensive intake | Establish non-negotiables (5:00 AM training, 40g protein breakfast, phone lockbox) | Resistance training introduction (3x/week full-body)

Week 2: Dopamine Regulation

Phone management protocol | Protein-first rule (1g/lb goal weight) | Progressive overload initiation

Week 3: Decision Fatigue Reduction

Meal templates (Executive, Reset, Shutdown meals) | Friction mapping | Form refinement

Week 4: Accountability Architecture

Habit stacking worksheet | Accountability partner agreement | Deload week

Phase 2: CNS Rebuilding (Weeks 5-8)

Week 5: Energy Management

Energy planner (map tasks to biological peaks) | Standardized daily structure | Volume increase (4x/week split)

Week 6: Metabolic Anchoring

2 PM failure protocol | Supplement optimization (creatine, magnesium, omega-3, D3+K2) | Accessory work

Week 7: Nervous System Reset

Sensory decompression strategies (cold exposure, weighted blanket) | Evening dopamine audit | Speed work

Week 8: Identity Recovery

Masking inventory | 5-minute hobby anchors | Deload week + midpoint biometric assessment

Phase 3: Integration (Weeks 9-12)

Week 9: Presence Protocol

Weekly spouse/family audit (presence rating 1-10) | Context-switching routines | Return to progressive overload

Week 10: Sustainable Systems

ADHD-optimized kitchen setup | Minimum viable meals | Peak strength testing

Week 11: Maintenance Planning

Transition to monthly check-ins | Peer facilitator training (exceptional responders) | Personalized program design

Week 12: Integration Graduation

Final biometric assessment | 112-day identity log review | Certification ceremony (optional peer facilitator pathway)

Weekly Session Structure (60 min)

- 1. Check-In (10 min):** Biometrics, adherence review, barrier identification
- 2. Education (15 min):** Weekly topic (neurobiology, systems, protocols)
- 3. Skill-Building (20 min):** Worksheet completion, protocol implementation

4. **Training Review (10 min):** Form check, progressive overload planning
5. **Accountability (5 min):** Week ahead preview, non-negotiables confirmation

Success Metrics

- **Weight Loss:** 1-2 lbs/week (12-24 lbs total)
- **Training Adherence:** $\geq 85\%$ session completion
- **Protein Intake:** $\geq 90\%$ days meeting 1g/lb goal weight
- **Presence Rating:** \uparrow from baseline (spouse/family feedback)
- **Metabolic Markers:** \downarrow HbA1c, \downarrow BP, \uparrow insulin sensitivity (if applicable)

Provider Communication


Intake Report: Within 48 hours of enrollment

Monthly Updates: Biometrics, adherence data, clinical recommendations

Urgent Concerns: Direct line (507-591-1641) for psychiatric/medical escalation

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